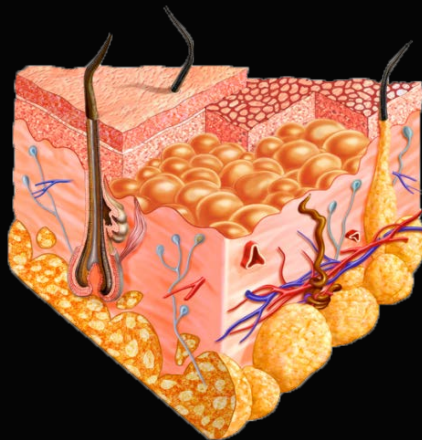




SIMPLIFIED PHYTOTHERAPY



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Forward

In the last decades, phytotherapy, the science of use of herbal drugs to treat diseases has returned strongly in our daily life therapy. Properly prepared herbal medicines have much lower side effects than conventional medicine. Because Herbal medicines have high therapeutic index, therefore they can be considered safe. It is essential to know how to use herbal medicines properly to treat diseases. This simple book, is making phytotherapy an easy science for medical practitioner and pharmacy students.

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Preface

It is well known that plants are the major source of biologically active natural products. The importance of medicinal plants can be realized from their prominence in the market place. WHO publications in the recent years have revealed that more than 25% of all prescriptions issued in Europe, USA and Canada contained an herb. In other countries of the world herbs can be present in 70-90% of the prescriptions. In some industrialized countries the authorization of herbal medicines occurs on the basis of experimental and clinical studies, while in others the traditional use of herbal medicines is also considered as proof for efficacy and safety.

This book of phytotherapy is designed to provide phytotherapists with THE MOST commonly herbs used for treatment of different diseases.

Cairo September 12, 2015

Omar Mohamed Sabry

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INTRODUCTION

Phytotherapy is the branch of science dealing with prescribing herbal drugs for treatment of different diseases. Herbal drugs must be standardized to assure quality, efficacy and safety Before use.

{I} Phytotherapy In Cardiovascular System Disorders

Cardiovascular system, is the system that permits blood to circulate and transport nutrients, oxygen, carbon dioxide, hormones, and blood cells to and from the cells in the body to provide nourishment and help in fighting diseases, stabilize temperature and pH, and maintain homeostasis.

{a}- Congestive heart failure: Condition in which the heart's function as a pump is inadequate to meet the body's needs.

Treatment:

1- **Cardiotonics:** Increase the contractibility of the heart muscles e.g. digitalis (contains digitalis cardiac glycosides), strophanthus (contains strophanthoside cardiac glycoside), squill, nerium (contain cardiac glycosides) and hawthorn (contains cardiotonic amines).

2- **Diuretics:** reduce blood volume resulting in decreasing the load on the heart e.g. dandelion

3- **Vasodilators:** due to edema congestive heart failure is accompanied by hypertension we have to reduce blood pressure by using vasodilators e.g. hibiscus and *Ammi visnaga*.



{b}- Arteriosclerosis: Characterized by the deposition of lipids and oxidized cholesterol on the walls of arteries resulting in their narrowing leading to hypertension and angina.

Treatment: We can use Ginger (fat burning agent to help in removal of the arterial occlusions), garlic, onion, psyllium, garcena and mukul (decreases the blood lipid levels by decreasing lipid absorption)



{c}- Hypertension: Chronic medical condition in which the blood pressure in the arteries is elevated.

Treatment: Hawthorn, Hibiscus (contains anthocyanins with vasodilator activity), garlic (anti-hypelipidemic), valerian (sedative), dandelion (act as diuretic), olive leaves (vasodilator by



acting as ACE inhibitor).

{d}- Angina pectoris: Sensation of chest pain, pressure, or squeezing, often due to ischemia of the heart muscle from obstruction or spasm of the coronary arteries

Treatment: *Ammi visnaga* (containing visnadin with coronary vasodilating activity) , hawthorn (vasodilator), valerian (sedative) and ginger (anti-hyperlipidemic).



{e}- Cardiac arrhythmias (irregular heartbeat): A group of conditions in which the heartbeat is irregular, too fast, or too slow.

Treatment: It can be treated with Quinidine from cinchona, ajmaline from rauwolfia root and hawthorn berries.



{f}- Venous insufficiency (varicose veins): veins have become enlarged and twisted.

Treatment: Horse chestnut seeds (contain aescin a triterpenoid saponin which improve blood circulation and flavonoids which are useful in capillary fragility), grape seed extract (contain biflavonoids which are useful in capillary fragility), Buchu leaves (contain diosmin which are useful in capillary fragility), Ruta graveolens (contain rutin which are useful in capillary fragility).



{II} Phytotherapy In Respiratory Tract Problems

{a}- Common cold and influenza: Viral infectious disease of the upper respiratory tract which primarily affects the nose.

Treatment: Tussilago (immuno-stimulant and anti-inflammatory due to polysaccharides and flavonoids), Marshmallow (demulcent and expectorant due to mucilage) and tilia flowers (diaphoretic, demulcent and sedative due to volatile oils).



{b}- Chronic tonsillitis and sore throat: Inflammation of the tonsils most commonly caused by viral or bacterial infection.

Treatment: Licorice (anti-inflammatory), Marshmallow (demulcent), myrrh (anti-bacterial), eucalyptus oil, camphor (decongestant) and chamomile (anti-inflammatory)



{c}- Chronic bronchitis: Bronchitis is an inflammation of the bronchial tubes, the airways that carry air to your lungs.

Treatment: Lobelia (bronchodilator and expectorant), Mentha (antimicrobial).



d}- Bronchial asthma: Asthma is a disease that causes the airways of the lungs to swell and narrow, leading to wheezing, shortness of breath, chest tightness, and coughing.

Treatment: Ephedra, lobelia, hyoscymus, ammi visnaga (bronchodilators) licorice and squill (expectorants)



{e}- Cough: Reflex that keeps your throat and airways clear.

{1}- Productive Cough: **Cough** that produces mucus or phlegm (sputum).

Treatment: Senega root, Ipecaquanha, licorice, Hydra helix (expectorants due to saponins).

{2}- Non productive cough: Dry and does not produce sputum.

Treatment: Lobelia inflata, codeine (cough suppressor centrally)



{f}- Respiratory tract infection: Any infection of the sinuses, throat, airways or lungs.

Treatment: Echinacea, nigella sativa and astragallus (Immuno stimulants).



{III} Phytotherapy In Gastro-Intestinal Disorders

{a}- Gingivitis: inflammation of the gums caused by a bacterial infection.

Treatment: Marshmallow (demulcent due to mucilage), Myrrh (antiseptic and astringent), Aloe (demulcent and antibacterial) and chamomile (anti-inflammatory).



{b}- Toothache: pain in the teeth and/or their supporting structures, caused by dental diseases

Treatment: Clove (local anesthetic due to eugenol)



{c}- Stomatitis: inflammation of the mouth and lips

Treatment: Marshmallow (demulcent due to mucilage) and Chamomile (anti-inflammatory due to flavonoids)

{d}- Dyspepsia (Hyperacidity): Sensation of pain or discomfort in the upper abdomen occurs when acid from your stomach irritates the lining of your stomach, gullet (oesophagus) or top part of your bowel (duodenum).

Treatment: Gentian, bitter orange peel (increase saliva and gastric secretion helping in digestion and removal of stomach content), curcuma (cholagogue to help in fat digestion) and anise (antiflatulant helping in reduction of stress on the stomach leading to reduction of HCl secretion).



{e}- Flatulence: State of having excessive stomach and/or intestinal gas (waste gas produced during digestion) that is usually released from the anus with sound and/or odor.

Treatment: Anise, Chamomile, Fennel and cardamom (due to volatile oil content).

{f}- Peptic ulcer: painful sores or ulcers in the lining of the stomach or first part of the small intestine, called the duodenum

Treatment: Marshmallow (demulcent due to mucilage), Licorice, DGL or Deglycrrizinated licorice (to get rid of the side effect of the triterpenoid saponin glycyrrhizin which is responsible for salts and water

retention the product DGL was introduced to treat peptic ulcer without side effects for hypertensive patients), Chamomile (due to flavonoidal content it decreases HCl secretion)

{g}- Kinetosis (Motion Sickness - Travel sickness): Condition in which a disagreement exists between visually perceived movement and the vestibular system's sense of movement.

Treatment: Datura (containing Hyoscine) and Ginger (containing gingerol)



{h}- Constipation: refers to bowel movements that are infrequent or hard to pass

Treatment: Psyllium (containing mucilage and act as bulk laxative), Aloe, Rhubarb, Cascara (containing anthraquinones and act as irritant laxatives), Anise (containing volatile oils and act to reduce flatulence resulting from irritant laxatives), Hyoscyamus (containing hyoscyamine and act to reduce spasms resulting from irritant laxatives)

{i}- Diarrhea: Condition of having at least three loose or liquid bowel movements each day.

Treatment: Pomegranate, tea and chamomile (containing volatile oils and act to reduce flatulence resulting from diarrhea)

{j}- Dysentery: Inflammation of the intestine causing diarrhea with blood as a result of protozoal infection.

Treatment: Emetine from Ipecacuanha inhibits protein synthesis so it is effective as an anti-amoebic agent

{k}- Irritable bowel syndrome (Spastic colon - Colitis): Common disorder that affects the large intestine (colon), causing cramping, abdominal pain, bloating, gas, diarrhea and constipation.

Treatment: Mentha oil (reduce Ca^{++} influx to the intestinal walls resulting in relaxation of the colon).

{l}- Hemorrhoids: enlarged veins located in the lower part of the rectum and the anus. The veins become swollen due to increased pressure within them, usually from constipation or profuse diarrhea, and during pregnancy because of the pressure of the enlarged uterus.

Treatment: Psyllium (containing mucilage and act as bulk laxative), bran, Horse chest



nut, Hamamelis (due to tannin it has astringent activity) and balsam Peru.

{m}- Intestinal helmenthiasis: infestation with one or more intestinal parasitic worms e.g. roundworms (*Ascaris lumbricoides*), whipworms (*Trichuris trichiura*), or hookworms (*Ancylostoma duodenale*).

Treatment: Quassia (thread worms), Santonica (round worms) and pomegranate bark (tape worms).

{n}- Liver and biliary tract disorders

{1}- Hepatitis: Medical condition defined by the inflammation of the liver and characterized by the presence of inflammatory cells in the tissue of the organ.

Treatment: Curcuma, *Silybum marianum*, artichoke (hepato-protectives), Echinacea (immuno-stimulant) and Dandelion (diuretic).



{2}- Liver cirrhosis: severe scarring of the liver and poor liver function seen at the end of chronic liver disease.

Treatment: Schisandra (contains lignans lowers the SGPT and SGOT activities), Artichoke (contains cynarin anti-hypercholestermic).



{IV} Phytotherapy In Endocrine Disorders

{a}- Diabetes:

Pancreas fails to produce insulin (Type I) or the inability of the body to respond to insulin (Type II).

Momorodica charantia (contains momorodin polypeptide which act as insulinomimetic agent),

Treatment: Fenugreek (contains trigonelline which increases glucose uptake), *Balanitis aegyptiac* (Heglig) contains steroidal saponins balantins which activate pancreas to secrete insulin, *Gymnema sylvestris* (contains steroidal saponins gymnemic acid which activate pancreas to secrete insulin)



{b}- Estrogen deficiency: Low levels of estrogen, or estrogen deficiency can cause many symptoms, including:

Vaginal atrophy, Skin dryness, Thin bones, painful fractures, Incontinence, Temperature dysregulation (feeling unusually hot, cold, or temperature swings), Breast changes, Fatigue, Decreased libido, Loss of anti-aging effects, Vasomotor symptoms– flushing, hot flashes, Increased risk of cardiovascular disease, Increased risk of osteoporosis, Increased vaginal dryness and urinary incontinence, In men, estrogen blocks testosterone receptor sites, causing, symptoms that reflect low testosterone levels. There is also some research that suggests a possible link between low estrogen levels and increased risk of cognitive dysfunction and dementia.



Treatment: Soya beans, Red clover (contain phytoestrogens)

{c}- Post Menopausal Symptoms: Post menopause symptoms can cause issues both emotionally and psychologically, such as phobias, depression, anxiety, paranoia, mood swings, and difficulties concentrating. The physical symptoms that can occur during post menopause include hot flashes, vaginal dryness, and lowered libido.

Treatment: Black cohosh, *vitex agnus castus*, evening primrose oil (contain phytoestrogens).

{d}- Benign Prostate hyperplasia (BPH): Non-cancerous enlargement or growth of the prostate gland.

Treatment: Saw Palmetto, Pumpkin seed, Pygeum bark (containing phytoestrogens which prevent the conversion of testosterone to dihydro-testosterone which is the active form responsible for hypertrophy of the prostate).



{e}- Hypothyroidism (Goiter): Body lacks sufficient thyroid hormone.

Treatment: *Fucus vesiculosus* containing I_2 (helping in thyroxin biosynthesis)

{f} Scarce of Prolactin and milk secretion: Prolactin is a protein hormone known for its role in enabling female mammals to produce milk.

Treatment: Fenugreek (contains saponins), Anise, Fennel and celery contain phytoestrogens which stimulate the secretion of prolactin hormone responsible for milk secretion.



{V} Phytotherapy In Metabolic Disorder

- **Obesity:** Excess body fat accumulated to the extent that it may have a negative effect on health, leading to reduced life expectancy and increased health problems.

Treatment:

{1}- **Appetite suppressors:** Bitter orange peel, *Garcinia gambogia*, Bran, Psyllium husk, apple pectins and hoodia (absorb water and swell leading to fullness sensation of the stomach)

{2}- **Satiety suppressors:** Ephedra (act centrally on the satiety center in the brain).

{3}- **Laxatives:** Aloe, Senna and rhubarb (irritant or mechanical laxatives causing loss of Na and K from the body potentiate digoxin toxicity)

{4}- **Altering fat absorption:** Chitosan, Green tea and Gymnema

{5}- **Thermogenic herbs:** Capsicum and Ginger (Capsaicin and gingerol are fat burning agents)

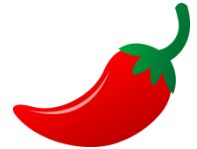
{6}- **Diuretics:** Parsley (containing apiole which act as diuretic leading to weight loss)



{VI} Phytotherapy In Musculoskeletal Disorders

{a}- **Muscle pain (Muscle aches - Myalgia):** Symptom of many diseases and disorders. The most common causes are the overuse or over-stretching of a muscle or group of muscles.

Treatment: Oil of winter green, Capsaicin alkaloid, Menthol and camphor (counter-irritants and rubeficients)



{b}- **Rheumatoid Arthritis:** autoimmune disease that can cause chronic inflammation of the joints and other areas of the body.

Treatment: *Salix purpurea* (anti-inflammatory due to salicin), *Boswellia serrata* (anti-inflammatory with cortisone like action), Licorice (anti-inflammatory with cortisone like action).

{c}- **Joint inflammation:** inflammation accompanied by warmth AND swelling due to intra-articular fluid, or effusion.

Treatment: Capsicum, Black mustard (counterirritants) and avocado (stimulate collagen formation and inhibit collagenase).



{d}- **Gout:** Medical condition usually characterized by recurrent attacks of acute inflammatory arthritis due to excessive uric acid.

Treatment: Colchicum (dose must be adjusted due to the toxicity of colchicine), apium (expels uric acid crystals with its diuretic activity).



{VII} Phytotherapy In CNS (Central Nervous System) Disorders

{a}- Sedatives and Hypnotics: Sleep disorder drugs used for treatment of insomnia.

Examples: Valerian (valpotriates increases the concentration of GABA in the brain leading to sedation and hypnosis), passion flower (Strong anxiolytic due to the flavonoid chrysin), and hops (due to humulone and lupulone phenolic bitter principles)



{b}- Anti-depressants: Types of medication used to treat depression or prevent it recurring.

Examples: St. John's wort (hypericin acts as MAO inhibitor increasing the level of leavo DOPA in brain)

{c}- CNS Stimulants: induce temporary improvements in either mental or physical functions or both

Examples: Coffee and Guarana seeds



{d}- Analgesics: Drugs that alleviate pain without causing anesthesia

Examples: Opium (due to Morphine), Salix (due to salicin a precursor to salicylic acid) and capsicum (due to capsaicin which prevents transmission of pain signals from peripheral nerves to spinal cord).

{e}- Migraine: Neurological disease characterized by recurrent moderate to severe headaches (pain on one side of the head) often in association with a number of autonomic nervous system symptoms.

Treatment: Ergot (ergotamine act as vasoconstrictor on the brain vessels preventing migraine), coffee (synergize the vasoconstricting activity of ergotamine on the brain vessels preventing migraine) and feverfew (act as serotonin antagonist preventing vasodilatation in the brain vessels)

{f}- Dementia (Alzheimer's disease): broad category of brain diseases that cause a long term and often gradual decrease in the ability to think and remember such that a person's daily functioning is affected

Treatment: Calabar bean (containing acetylcholine esterase inhibitor physostigmine improve cerebral blood flow) and Ginkgo (containing biflavonoids which improve cerebral blood flow).



{VIII} Phytotherapy In Urinary System Disorders

{a}- Renal calculi (Kidney stones): solid masses made of crystals e.g. oxalates, urates and phosphates. kidney stones originate in your kidneys, but can be found at any point in your urinary tract. the urinary tract includes the kidneys, ureters, bladder, and urethra.

Treatment: *Ammi visnaga*, *Cymbopogon proximus*, hyoscyamus (smooth muscle relaxants, dilatation of the ureter) and lemon juice (dissolves calcium phosphate stones).



{b}- Urinary tract infection (UTI): Infection in any part of your urinary system — your kidneys, ureters, bladder and urethra.

{1}- Nephritis: inflammation of the kidneys and may involve the glomeruli, tubules, or interstitial tissue surrounding the glomeruli and tubules.

Treatment: Buchu, Parsley and mentha (antiseptic due to volatile oils content)



{2}- Cystitis: Cystitis refers to inflammation of the bladder, specifically, inflammation of the wall of the bladder

Treatment: Uva ursi leaves, buchu (urinary antiseptics due to arbutin and diosphenol)

{c}- Prostate hypertrophy {Benign Prostate hyperplasia (BPH)}: Benign increase in size of the prostate.

Treatment: Saw Palmetto, Pumpkin seed, Pygeum bark (containing phytoestrogens which prevent the conversion of testosterone to dihydro testosterone which is the active form responsible for hypertrophy of the prostate).



{d}- Involuntary urination (Bed wetting): Urinary incontinence is a loss of control of the bladder. In some cases, it may result in a total loss of the bladder's contents or it may just cause minor leakage.

Treatment: Belladonna (muscle relaxant) and St. John's wort (anti-depressant).



{IX} Phytotherapy In Reproductive System

{a}- Female contraceptives: Capable of preventing contraception by prevention of fertilization process.

Examples: Discorea (due to high concentration of saponins which will be converted in the body to estrogen and progesterone and increase the viscosity of the woman secretion preventing fertilization process) Carrot seeds (high concentration of phytoestrogens).



{b}- Male contraceptives: Capable of preventing contraception by killing sperms.

Examples: Gossypol from cotton seed (spermatocide)

{c}- Female aphrodisiacs: Arousing or intensifying sexual desire in females

Examples: Damiana herb, Discorea and Fenugreek (due to phytoestrogens)



{d}- Male aphrodisiacs: Arousing or intensifying sexual desire in males

Examples: Ginger (increases peripheral blood circulation), Yohombe seeds (due to yohimbine content) and nutmeg seed.



{e}- Child birth Aid: Help in the act of giving birth to a child.

Examples: Cinnamon (act as uterine stimulant), ergometrine (prevent post partum hemorrhage)



{X} Phytotherapy In Skin Care

{a}- Skin cleansers: facial care product that is used to remove dead skin cells, oil, dirt, and other types of pollutants from the skin of the face.

Examples: Hamamelis (antiseptic due to volatile oils, anti-oxidant and astringent due to tannins), Rose flower water and chamomile



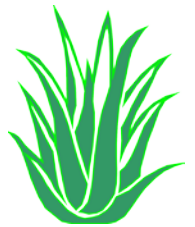
{b}- Skin toners: cleanse the skin and shrink the appearance of pores, usually used on the face.

Examples: Hamamelis, green tea, pomegranate and horse chest nut seeds (astringents due to tannins)



{c}- Moisturizers or emollients: Chemical agents specially designed to make the external layers of the skin (epidermis) softer and more pliable. They increase the skin's hydration (water content) by reducing evaporation.

Examples: *Aloe vera* and chamomile (humectants due to mucilage)



{d}- Wounds: Type of injury in which skin is torn, cut, or punctured (an *open* wound), or where blunt force trauma causes a contusion (a closed wound).

Treatment: Hamamelis (antiseptic due to volatile oils and astringent due to tannins), digitalis (increase blood supply due to digitonin saponin), and calendula (increases blood supply due to saponin).



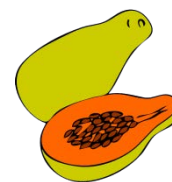
{e}- Burns: Damage to your body's tissues caused by heat, chemicals, electricity, sunlight or radiation. Scalds from hot liquids and steam, building fires and flammable liquids and gases are the most common causes of burns.

Treatment: Aloe juice (contains allantoin which has antibacterial activity and help in formation of new tissues), chamomile (contains flavonoids and volatile oils which have antibacterial activity and anti-inflammatory activity) and Lavender oil (contains volatile oil which has antibacterial activity and help in formation of new tissues).



{f}- Aging: Process of becoming older. wrinkles develop mainly due to photo-ageing, particularly affecting sun-exposed areas like, face and hands.

Treatment: Ginseng (with its antioxidant activity), *Aloe vera* (with its antibacterial, antioxidant and cleansing activity) and papaya (papain a proteolytic enzyme removes dead and damaged cells)



{g}- Sunscreens: protects the skin from UV hazards.

Examples: St. John's wort, Aloe and green tea as they contain highly conjugated aromatic compounds which will absorb the dangerous UV radiations.



{h}- Skin lighteners, Skin whitening and skin bleaching: Refer to the practice of using chemical substances in an attempt to lighten skin tone or provide an even skin complexion by **reducing** the melanin concentration in the skin.

Examples: *Uva ursi* (containing arbutin inhibits melanin formation and act as a phenolic anti-oxidant used instead of the synthetic hydroquinone which is carcinogenic and teratogenic), allantoin (remove dead skin cells) and vitamin C (inhibits melanin formation and act as an anti-oxidant keeping skin fresh).



{i}- Dermatitis: also known as eczema, is inflammation of the skin. It is characterized by itchy, erythematous, vesicular, weeping, and crusting patches.

Treatment: Discorea (containing saponins e.g. diosgenin and has a cortisone like action), malva (act as a soothing agent due to mucilage) and quercus (Oak containing high concentration of tannins act as a astringent to prevent bleeding from itching)



{j}- Psoriasis: long-lasting autoimmune disease characterized by patches of abnormal skin.^[1] These skin patches are typically red, itchy, and scaly. They may vary in severity from small and localized to complete body coverage. It is an autoimmune inflammatory disease.

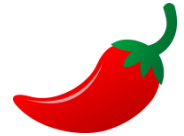
Treatment: It can be treated with Licorice (containing saponins which act as cortisone like), chamomile (containing flavonoids and act as anti-inflammatory) and aloe juice (act as a



soothing agent due to mucilage).

{k}- Hair fall: common condition and affects most people at some time in their lives. Thyroid disease, anemia, protein deficiency, and low vitamin levels may cause hair fall. Androgenetic hair loss affects both men and women but is worse in men.

Treatment: Pilocarpine (Vasodilator), Quinine, cantharides and capsicum extracts (act as counterirritant and rubeficients to increase blood supply).



{l}- Hair dyes: Hair coloring is the practice of changing the color of hair.

Henna (contains lawsone with orange red color). Indigophra (contains indigophrine with Prussian black color).

{m}- Vitiligo {Leukoderma}: Chronic skin condition characterized by portions of the skin losing their pigment. It occurs when skin pigment cells die or are unable to function. Aside from cases of contact with certain chemicals, the cause of vitiligo is unknown. Vitiligo may arise from autoimmune, genetic, oxidative stress, neural, or viral causes.

Treatment: Bergamot oil (contains furanocoumarin bergapten absorbing UV and stimulate melanin synthesis). *Ammi majus* (contains furanocoumarin xanthotoxin absorbing UV and stimulate melanin synthesis). Licorice (contains triterpenoid saponins act like cortisones to stop degeneration of pigment cells).



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